

Abstract of the Disclosure

A system provides a user with preventive care health maintenance information during a user's lifetime. A stored medical record is associated with a particular user. A repository of health maintenance guidelines and associated time information is customized for the particular user based on characteristics including age, sex, and health condition. A processor employs the guidelines, associated time information, and retrieved medical record information of the particular user to initiate generation of a message at a particular time. The message prompts the particular user to initiate action in support of preventive care health maintenance of the particular user. A communication processor processes the message for output communication.